

CLAIMS

What is claimed is new and desired to be protected by Letters Patent is set forth in the appended claims:

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1. A low carbohydrate composition used in the production of foodstuffs and beverages, said composition comprising xylitol and fiber.
 2. The composition as claimed in claim 1, wherein said composition is in the form of a powder mix.
 3. The composition as claimed in claim 1, wherein said composition is in the form of a liquid.
 4. The composition as claimed in claim 1, wherein said composition is used for forming an edible product.
 5. The composition as claimed in claim 4, wherein said edible product form is at least one of a snack bar, a dairy product, salad dressing, candy, topping, bakery product and beverage.

6. The composition as claimed in claim 4, further comprising:
- a) blending salt;
 - b) sucralose;
 - c) calcium sodium caseinate; and
 - d) whey protein concentrate.
7. The composition as claimed in claim 1, wherein said fiber is psyllium fiber.
8. The composition as claimed in claim 1, further comprising a flavoring.
9. The composition as claimed in claim 6, further comprising a flavoring.
10. The composition as claimed in claim 8, wherein said flavoring is cocoa powder.
11. The composition as claimed in claim 9, wherein said flavoring is cocoa powder.
12. The composition as claimed in claim 8, wherein said flavoring is at least one of nut, green vegetable, legume, carrot, tomato, chocolate, cocoa, vanilla, fruit, peppermint, coffee, cinnamon, herbs and mocha.
13. The composition as claimed in claim 12, wherein said fruit flavoring is at least one of orange, lemon, lime, grapefruit, peach, apricot, nectarine and berry.

14. The composition as claimed in claim 13, wherein said berry flavoring includes strawberry, blueberry, raspberry, blackberry, boysenberry and cranberry.

15. The composition as claimed in claim 9, wherein said flavoring is at least one of nut, green vegetable, legume, carrot, tomato, chocolate, cocoa, vanilla, fruit, peppermint, coffee, cinnamon, herbs and mocha.

16. The composition as claimed in claim 15, wherein said fruit flavoring is at least one of orange, lemon, lime, grapefruit, peach, apricot, nectarine and berry.

17. The composition as claimed in claim 16, wherein said berry flavoring includes strawberry, blueberry, raspberry, blackberry, boysenberry and cranberry.

18. The composition as claimed in claim 12, wherein said herbs are at least one of green tea, ginger and ginseng.

19. The composition as claimed in claim 15, wherein said herbs are at least one of green tea, ginger and ginseng.

20. The composition as claimed in claim 1, further comprising a sweetener and flavoring selected from the group consisting of sucrose, maltose, glucose, sorbitol, sodium cyclamate, perillartine, aspartame, and saccharine.

21. The composition of claim 1, wherein said fiber is at least one of at least any one of fruit fiber and derivatives including Pectin, seaweed gums and derivatives, including carrageenan, agar and alginates, cellulose and derivatives, cereal grain fibers, including corn, wheat, oat, rice, barley and soy, fructooligosaccharides and its derivatives, seed gums, including guar and locust bean, tree gums, including karaya, tragacanth and acacia, xanthan gum, vegetable fiber, including pea and legumes and potato fiber.

22. The composition as claimed in claim 1, wherein said xylitol comprises 5 - 95.0% by weight of the composition.

23. The composition as claimed in claim 1, wherein said fiber comprises .1 - 25.0% by weight of the composition.

24. The composition as claimed in claim 6, wherein said xylitol comprises 5 - 95.0% by weight of said composition; said fiber comprises .1 - 25.0% by weight of said composition; said blending salt comprises 0.1 - 4.0% by weight of said composition; said sucralose comprises 0.001 - 1.0% of said composition; said calcium sodium caseinate comprises 0.1 - 15.0% of said composition; and said whey protein concentrate comprises 0.1 - 40.0% of said composition.

25. The composition as claimed in claim 8, wherein said flavoring comprises 0.1 - 75.0% of said composition.

26. The composition as claimed in claim 9, wherein said flavoring comprises 0.1 – 75.0% of said composition.

27. A method of preparing a composition containing xylitol and fiber, said method comprising the steps of:

- a) sifting, in a first sifting step, a first sifting group containing xylitol and a blending salt through a mesh screen into a mixing machine;
- b) mixing, in a first mixing step, for at least 1 minute;
- c) sifting, in a second sifting step, a second sifting group containing sucralose, calcium sodium caseinate, whey protein concentrate, a flavoring and the fiber through a mesh screen into the mixing machine; and
- d) mixing, in a second mixing step, the first and second sifting groups for at least 3 minutes until it is homogenized.

28. The method of claim 27, wherein said mesh screen used in said first sifting step is 10 mesh.

29. The method of claim 27, wherein said mesh screen used in said second sifting step is 18 mesh.

30. The method of claim 27, wherein said first mixing step lasts for substantially 2 minutes.

31. The method of claim 27, wherein said second mixing step lasts for substantially 3-4 minutes.

32. The method of claim 27, wherein said fiber is at least one of psyllium fiber, fruit fiber and derivatives including Pectin, seaweed gums and derivatives, including carrageenan, agar and alginates, cellulose and derivatives, cereal grain fibers, including corn, wheat, oat, rice, barley and soy, fructooligosaccharides and its derivatives, seed gums, including guar and locust bean, tree gums, including karaya, tragacanth and acacia, xantham gum, vegetable fiber, including pea and legumes and potato fiber.

33. The method of claim 27, wherein said flavoring is at least one of cocoa powder, nut, green vegetable, legume, carrot, tomato, chocolate, cocoa, vanilla, fruit, peppermint, coffee, cinnamon, herbs and mocha.

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